

# Chapter 25

# Manicuring

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STANDARD COSMETOLOGY INSTRUCTOR SUPPORT SLIDES



**“When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.”**

– Henry Ford

# Objectives

- Identify the four types of nail implements and/or tools required to perform a manicure.
- Explain the difference between reusable and disposable implements.
- Describe the importance of hand washing in nail services.
- Explain why a consultation is necessary each time a client has a service in the salon.
- Name the five basic nail shapes for women.

# Objectives *(continued)*

- Name the most popular nail shape for men.
- List the types of massage movements most appropriate for a hand and arm massage.
- Explain the difference between a basic manicure and a spa manicure.
- Describe how aromatherapy is used in manicuring services.
- Explain the use and benefits of paraffin wax in manicuring.
- Name the correct cleaning and disinfection procedure for nail implements and tools.

# Objectives *(continued)*

- Describe a proper setup for the manicuring table.
- List the steps in the post-service procedure.
- List the steps taken if there is an exposure incident in the salon.
- List the steps in the basic manicure.
- Describe the proper technique for the application of nail polish.
- Describe the procedure for a paraffin wax hand treatment before a manicure.

# Nail Technology Tools

- Equipment
- Implements
- Materials
- Products

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# Equipment

- Table and lamp
- Client and technician chairs
- Gloves
- Finger bowl
- Disinfection container
- Client arm cushion
- Service cushion



Courtesy of European Touch.

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# Equipment (*continued*)

- Gauze and wipe container
- Trash containers
- Supply tray
- UV or electric polish dryer
- Electric hand/foot mitts
- Terry cloth mitts
- Paraffin bath



Courtesy of European Touch.



# Implements: Reusable

- Metal pusher
- Nipper
- Tweezers
- Nail clippers



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# Implements: Disposable

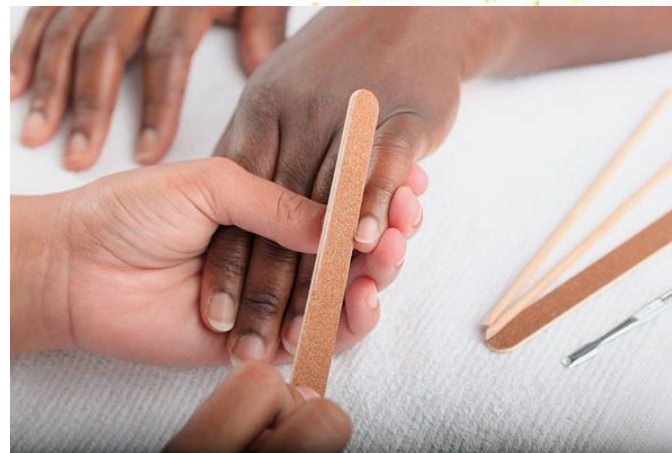
- Brushes and applicators
- Wooden pusher
- Nail brush



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# Materials

- Abrasive files and buffers
- Two- or three-way buffer
- Disposable or terry towels
- Gauze, cotton, pads
- Plastic or metal spatulas



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# Professional Cosmetic Products

- Soap
- Polish remover
- Nail creams and oils
- Cuticle removers
- Nail bleach

# Professional Cosmetic Products (continued)

- Colored polishes
- Base coat
- Hardener
  - Protein, formaldehyde, dimethyl urea
- Top coat



# Professional Cosmetic Products (*continued*)

- Nail polish dryers
- Hand cream or lotion
- Nail conditioners
- Sunscreens

# Basic Manicure

- Pre-service: cleaning tools, preparation
- Service: step-by-step plan for service
- Post-service: caring for client after procedure

# Hand Washing

- Washing prevents the spread of communicable diseases.
- Wash hands before and after each client.
- Have clients wash hands before service.
- Provide clean nail brushes.
- Hand sanitizers do not replace hand washing.

# Client Consultation

- Follow the 10-Step Consultation Method found in Chapter 4 of *Milady Standard Cosmetology* textbook.

# Choosing a Nail Shape

BASIC NAIL SHAPES	
SHAPE	DEFINITION
 SQUARE	The <b>square nail</b> is completely straight across the free edge with no rounding at the outside edges.
 SQUOVAL	The <b>squoval nail</b> has a square free edge that is rounded off at the corner edges. If the nail extends only slightly past the fingertip, this shape will be sturdy because there is no square edge to break off, and any pressure on the tip will be reflected directly back to the nail plate, its strongest area. Clients who work with their hands—nurses, computer technicians, landscapers or office workers—will need shorter, squoval nails.
 ROUND	The <b>round nail</b> should be slightly tapered and usually should extend just a bit past the fingertip.
 OVAL	The <b>oval nail</b> is a conservative nail shape that is thought to be attractive on most women's hands. It is similar to a squoval nail with even more rounded corners. Professional clients who have their hands on display (e.g., businesspeople, teachers, or salespeople) may want longer oval nails.
 POINTED	The <b>pointed nail</b> is suited to thin hands with long fingers and narrow nail beds. The nail is tapered and longer than usual to emphasize and enhance the slender appearance of the hand. Know, however, that this nail shape may be weaker, may break more easily, and is more difficult to maintain than other nail shapes. Rarely are natural nails successful with this nail shape, so they are usually enhancements. They are for fashion-conscious people who do not need the strongest, most durable shape of nail enhancements.

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# Choosing a Nail Color

- Complement skin tone.
- Coordinate with clothing.
- Allow client to choose.

# Applying Polish

- Base coat
- Two coats of polish color
- Top coat
- Thin, even coats to create maximum smoothness and minimum drying time



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# Men's Manicure

- Procedure (same as basic without colored polish)
- Men's nail shapes
- Men's massage
- Basic color
- Marketing to men



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# Massage Benefits

- Promotes blood circulation
- Relaxes muscles
- Relieves pain
- Soothes and relaxes client

# General Movements

- Effleurage (gliding)
- Petrissage or kneading (lifting, squeezing)
- Tapotement (rapid tapping)
- Vibration (trembling, shaking)
- Friction (pressing one layer over another)



# Special Manicures

- Spa manicures: include massage and exfoliation
- Theme manicures
- Aromatherapy: use of volatile essential oils



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# Paraffin Wax Treatment

- Paraffin: petroleum-based product that has excellent sealing properties to retain moisture in the skin
- Heating units: solid wax melted into a gel-like liquid and maintained at temperature between 125 and 130 degrees



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# Nail Art Techniques

- Freehand
- Airbrush
- Glue-on
- Three dimensional
- Simple to complex
- Portrait
- Modern

# Nail Art



Courtesy of Emilio's Airbrush Studio at <http://www.emilio-online.com>.



Nail Art by Alisha Remando Botero.



Nails by Massimiliano Braga.

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# Practical Class Procedures

- Pre-Service Procedure
- Post-Service Procedure
- Hand Washing
- Handling an Exposure Incident
- Performing a Basic Manicure
- Hand and Arm Massage
- Polishing the Nails
- Paraffin Wax Treatment



# Summary and Review

- Name four types of nail implements used to perform a manicure.
- What is the difference between reusable and disposable implements?
- Why is it important for both the client and the nail tech to wash their hands before nail services?

# Summary and Review (*continued*)

- Is a consultation necessary each time a client has a service in the salon? Why?
- Name the basic nail shapes for women.
- What is the most popular nail shape for men?
- Which massage movement is most appropriate for a hand and arm massage? Why?
- What is the difference between a basic manicure and a spa manicure?

# Summary and Review (*continued*)

- How is aromatherapy used in manicuring services?
- Explain the use and benefits of paraffin wax in manicuring.
- List the correct steps for cleaning and disinfecting nail implements and tools.
- What would be on the manicure table if properly set up?

# Summary and Review (*continued*)

- What are the steps in the post-service procedure?
- What is an exposure incident and what steps should be taken if one occurs?
- List the steps in a basic manicure.

# Summary and Review (*continued*)

- How is nail polish properly applied?
- What is the procedure for a paraffin wax hand treatment before a manicure?



# Congratulations!

You have completed one unit of study  
toward course completion.

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